

# Psychological adjustment to stress and trauma : hippocampal configuration learning, cognitive emotion regulation, and frontal brain asymmetry, as predictors of resilience

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## Propositions of the thesis

### *Psychological adjustment to stress and trauma Hippocampal configuration learning, cognitive emotion regulation, and frontal brain asymmetry, as predictors of resilience*

Thomas Meyer

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1. Context is everything. Only when it changes, we need mechanisms to regulate the emotions we feel and the memories we have.
  2. The ability to learn contextual information prevents intrusive trauma memories in a post-traumatic context. (*Brewin et al., 1996; an idea picked up in Chapter 2*)
  3. Because context is everything, cognitive emotion regulation strategies that are thought to be adaptive can sometimes be inefficient or even maladaptive. (*Chapter 4 and 7*)
  4. The maintenance, but not the initial development of post-traumatic stress symptoms, is moderated by the way individuals regulate their own emotions. (*Chapter 7*)
  5. Frontal EEG asymmetry is related to psychological resilience. We just don't really know when, where, and why. (*Chapter 5 and 6*)
  6. Predictions from straightforward models of brain asymmetry in emotion often lead to disappointment. (*Chapter 5 and 6*)
  7. Researchers can cope with disappointment in adaptive and maladaptive ways. Publication bias is the result of a maladaptive coping style.
  8. Research on individual differences first establishes statistical associations and then tests causality. Ideally, valorisation opportunities emerge as a natural by-product.
  9. Science will stagnate if it is made to serve practical goals. *Albert Einstein*
  10. The best way to have a good idea is to have a lot of ideas. *Linus Pauling*
  11. Taal verschaft toegang tot de culturele rijkdom van een land. Daarom hoort de taal van het gastland bij de belangrijkste dingen die je als buitenlandse student kunt leren.